



My HealthVet

a veteran's view...

What is My HealthVet?

Able to use the internet? Then you can use My HealthVet.

My HealthVet is an Internet-based program that helps you work better with your health care providers and your family to achieve the best possible health.

It will allow you to:

- Enter your own health information in a personal and secure section that you control.
- Record and track personal metrics such as blood pressure readings or blood sugar levels.
- Research consumer friendly health care educational information.
- View key portions of your VA health record.
- Get VA information and services online.

Features of My HealthVet

Joining the My HealthVet program is by choice.

My HealthVet will allow you to:

- Read key parts of your VA medical record from any computer with Internet access.
- Add information about your medications, allergies, tests, medical history, and visits to non-VA doctors to your personal section that you control.
- Keep track of your health status by entering your personal health metrics, such as blood pressure readings or blood sugar levels.
- Access a veterans' health library with medical conditions, medications, health news, and preventive health.
- View health information developed by VA specifically for veterans.
- Use tools such as a prescription checker, health calculators, and self assessment tools.
- Link easily to benefits and resources available in VA and other federal sources.
- Refill prescriptions online.
- View your next appointment date and time online.
- View your total co-payment balance online.
- Give access to all or some of your health information to others, such as VA doctors, other doctors, family, and veteran advocates.

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How can My HealthVet improve my health?

My HealthVet will give veterans like you quick access to your health information. You will be able to use My HealthVet to take a more active role in managing your health care.

With My HealthVet, you will be able to:

- Learn more about your health.
- Find ways to improve your health and prevent health problems.
- Read parts of your VA medical record from home and refresh your memory of the doctor's instructions.
- Keep all your health information in one place by entering it into your personally controlled account.

- Avoid extra visits to the doctor by giving your doctors access to see the daily metrics - such as blood pressure, blood sugar, weight, and pulse - that you have measured at home and recorded in My HealthVet.
- Avoid treatment delays if something is wrong. If the doctor sees anything worrisome in your self-entered metrics, he/she can ask you to come in without waiting until your next scheduled appointment.
- Improve your total care by sharing your record with all your doctors - both VA and outside.
- Let veteran advocates, such as veteran service officers (VSOs), see your record in order to assist you in the claims process.

Who has access to my personal My HealthVet account?

Privacy and security are important parts of My HealthVet. You will have complete control over who can view or update your My HealthVet account. Only you (or someone you choose) will decide who has access to your account. No one - not even a My HealthVet system manager - will be able to read information you place in your personal section.

You will be able to:

- Give full or limited access to your My HealthVet account to someone else.
- Share all or some of your information with any health care provider(s) within or outside the VA health care system.

Where can I see it?

Veterans are participating in a **pilot** at VA Medical Centers in Tampa; Bay Pines; Washington, DC; Portland, OR; and upstate New York.

To log in to the **pilot** as the test patient, go to

<http://www.health-evet.va.gov/>

Username: demouserb

Password: password_\$1

Ongoing patient feedback from the **pilot** is being used to identify and build features for the **national release**.

The **national release** will look quite different than the **pilot**, and will offer more features. A content demo is available at:

<http://www.acs-fhc.com/mhev/>

When can I start using it?

Four releases are planned:

- **Summer 2003**—A web page with VA-developed information, a health education library, and self-assessment tools
- **Fall 2003**—Prescription refill and self-entered data (except self-entered metrics)
- **Winter 2004**—View total co-payment balance, view next scheduled appointment, and self-entered metrics
- **Spring 2004**—VA health record data

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Personal Health Record will be available in My HealthVet Phase 4 (Spring 04).

Veteran can enter metrics (BP, Blood sugar) and track progress.

Veteran can request key portions of VistA health record, store securely in encrypted eVault, & share with care providers.

For more information:
contact Ginger Price at
ginger.price@med.va.gov

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VHA Office of Information
Department of Veterans Affairs